



Caregiver Toolbox

Free Seminar for Family Caregivers

Department of Senior Affairs
Caregiver Connections Office

January 21, 2010, 5:30-6:30pm
Alamosa Community Center Room B

6900 Gonzales Road SW, NM 87121
(505) 836-8760

This Seminar is part of the “*Wise Caregiver Advisor*” series

Presented by Ellen Teresa Costilla, MSW, MPA, LISW, CIRS-A
Senior Information Program Supervisor

Highlights

- **Ellen Costilla will discuss a wide range of common issues and challenges faced by family caregivers who provide care to family members and/or friends who require special assistance.**
- **Helpful information, strategies and resources to help support your caregiver role and responsibilities will be provided.**

For more information contact Cassandra Vigil
(505) 848-1303



CITY OF ALBUQUERQUE  BERNALILLO COUNTY
DEPARTMENT OF SENIOR AFFAIRS



Resources and tools for people taking care of people.